

# translinks

Newsletter of the Queensland Transcultural Mental Health Centre

360 Ipswich Road, Annerley Q 4103 PO Box 169, Annerley Q 4103

Tel: (07) 3240-2833 Fax: (07) 3240-2282 Freecall: 1800 188 189 (outside metropolitan area)

Issue 24, March 2003

Editor: Penny D'Ath

## Welcome

A very warm welcome to the first issue of *Translinks* for 2003! Since our last issue in December 2002, QTMHC has continued to provide programs and services in transcultural mental health while at the same time undergoing some major changes. After seven years based at the Princess Alexandra Hospital we have moved off campus and are now co-located with the Annerley Community Mental Health and Aged Care Mental Health Services at Annerley in Brisbane. We now have much improved facilities as well as more space, which is just as well since our team has almost doubled in size in the past two months!

You will read about some of our new initiatives as well as the progress of ongoing projects in this issue of our newsletter. Our website on the Queensland Health Internet Site has finally gone live and I encourage you to use this website as it is not only informative, but also a practical resource if you are working with people from diverse cultural and linguistic backgrounds in mental health as there are plenty of downloadable multilingual resources.

Our capacity to respond to individual client needs through our Clinical Consultation Service has now increased with the commencement of another full time clinical services worker to receive referrals and coordinate bilingual mental health consultants to work with mental health services across the state.

I have no doubt that we are all psychologically affected by current world events, no matter how far we are personally removed from it. For those of us working in transcultural mental health, the relationship is much more direct, as we are not only working with people who are reliving the trauma of past war experiences, but also working with people who are directly affected by having family in the areas of conflict. It is important that we continue to work together in whatever way we can to improve cross-cultural mental health service delivery as it is now more important than ever.

**Rita Prasad-Ildes**  
**Manager**

Ph. (07) 3240-2835

Email: rita\_prasad-ildes@health.qld.gov.au

### The QTMHC has relocated!

**Street address:** 360 Ipswich Road  
Annerley Q 4103 (Opposite Macdonalds)

**Postal address:** PO Box 169  
Annerley Q 4103

**All email addresses, phone and fax numbers remain unchanged**

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### Staff

Rita Prasad-Ildes  
**Manager**

Elvia Ramirez  
**Mental Health Promotion  
Co-ordinator**

Clifford Soo  
Simone Bell  
**Clinical Services Workers**

Greg Turner  
**Education & Development  
Co-ordinator**

Penny D'Ath  
**Information & Resource  
Officer**

Katayoon Haghseresht  
Mohammed Yassine  
**Refugee Care Co-ordinators**

Kate Lemerle  
**Research Project Co-ordinator**

## Staff Update

We would like to introduce the following new staff to you:

Simone Bell has joined our team as the new clinical services worker in the Transcultural Clinical Consultation Service. This left a vacancy in the *Early Intervention and Clinical Care Project for refugees on temporary protection visas* which has been taken up by Mohammed Yassine and Katayoon Haghseresht who job share this position. Mohammed has joined us on a secondment from Bayside Mental Health Service and Katayoon has previously worked with us in the clinical program as a bilingual mental health consultant. Simone will continue to take a coordinating role in the refugee mental health project until June.

Clifford Soo has also joined us in the Clinical Consultation Service on secondment from West Moreton Child and Youth Mental Health Service, filling in for Polly Nip who will be away on secondment until the end of the year. We also welcome Kate Lemerle as the project coordinator for the *Anxiety and Depression Prevention project for young people from culturally and linguistically diverse backgrounds*. Kate is a psychologist with a varied background and is also currently working on her PhD focusing on resilience building in children.



**Photo 1: TPV Mental Health project workers** (from left) Simone Bell, Mohammed Yassine & Katayoon Haghseresht.

**Photo 2: QTMHC Staff** (from left) Penny D'Ath, Simone Bell, Elvia Ramirez, Rita Prasad-Ildes, Greg Turner.

Absent: Clifford Soo & Kate Lemerle.



# Preventing depression and anxiety by building on the resilience of young people

A very exciting and challenging project has just started at the QTMHC. The *Anxiety and depression prevention program for young people from culturally and linguistically (CALD) backgrounds* is aimed at increasing the resilience of young people by developing and enhancing their lifeskills, as well as creating environments in the school, service and community settings that support the development and maintenance of those skills. The program will target young people between 13 and 19 years of age.

There is a significant minority of children and adolescents who experience depressive and anxiety symptoms in Australia, with up to 6% meeting criteria for these disorders. There is also growing evidence that childhood disorders are strongly predictive of difficulties later in life, and if not treated, may persist with age. When the stresses of pre-migration, migration, cultural adjustment and re-settlement are added, it seems reasonable to assume that children from CALD backgrounds may also have a high prevalence of depression and anxiety.

Following on from previous work QTMHC has undertaken with young people and guided by the National Action Plan for Promotion, Prevention and Early Intervention in Mental Health (2000), the outcomes of this project will meet the need for programs that identify and manage CALD young people at risk of mental health problems. The program will expand the evidence base for effective promotion, prevention and early intervention activities for different cultural groups taking into account various risk, protective, language, cultural and environmental issues.

This 12 month project has been funded by BeyondBlue - the National Depression Strategy, Multicultural Mental Health Australia and Queensland Health. Kate Lemerle has been employed to research and develop the program. She is being assisted by a very dynamic project working group and a project reference group. In addition, the project is looking at innovative ways to obtain input from young people in the preparation of the content of the program. With this purpose, a working group of young people in the Logan area is being established. The program will be pre-tested with this working group of young people and then it will be piloted in five locations across Queensland as well as two locations in the Australian Capital Territory.

The project will have a strong focus on partnerships, as the integration of supportive systems for young people in the school environment is going to be pivotal to the project. Strengthening the co-ordination of those systems and increasing the acceptance of cultural diversity from within will be a key project strategy, which will pose major challenges. The project will be looking at trialing the integration of these supportive systems within a range of settings.

Although the project is about developing a "program", it is strongly committed to moving beyond the standard 8 - 10 session approach and also focus on systemic issues and the integration of resources that are already available within the current system for young people.

For more information please contact Kate Lemerle (Wednesday to Friday) or Elvia Ramirez (Monday to Wednesday).

**If your community organisation has an upcoming community event, please send details marked attention 'Translinks' – What's On to**

**QTMHC  
PO Box 169  
Annerley Q 4103**

**or fax: (07) 3240-2282**

**The next issue of 'Translinks' will be mailed out in the first week of June, 2003.**

# Group Intervention

by Clifford Soo, Clinical Consultation Service Worker

The last newsletter brought to your attention the creation of a pilot project aimed at developing a group intervention program.

The pilot project has been designed to recruit mental health workers from different language and cultural groups, and provide training to allow the mental health worker to facilitate a therapeutic group in their language of origin and in a culturally appropriate manner.

The languages targeted include: Arabic, Bosnian, Cantonese, Croatian, Farsi, Mandarin, Serbian, Spanish and Vietnamese.

While the service is still in the process of developing an anxiety management program for this pilot project, we are happy to announce that several groups for the Family Support Program will commence in May 2003.

The Family Support Program caters for caregivers and/or family members of clients who have experienced first-episode psychosis or where several presentations of psychosis have occurred before the age of 30. Our pilot project hopes to deliver this program in the languages listed above.

Please contact Simone Bell or Clifford Soo for further information.

## Group Supervision Program

The Transcultural Clinical Consultation Service has developed a group supervision program to provide support to bilingual/bicultural consultants registered with the Transcultural Clinical Consultation Service.

The program aims to provide bilingual/bicultural consultants with an opportunity to discuss and reflect on cross-cultural practice, explore clinical and cultural issues, and share experience, knowledge and skills with other bilingual/bicultural consultants.

The participants in the program have been separated into two groups; one group for bilingual/bicultural consultants currently working in the field of mental health, and the second group for consultants working outside the mental health sector. The supervision groups are facilitated by experienced cross-cultural clinicians.

We will keep you posted with the progress of the groups.

## What's On

### 5<sup>th</sup> – 6<sup>th</sup> June 2003

Partnerships for Recovery: Qld Mental Health Services Showcase Conference

Bardon Professional Centre, Brisbane

For more information, refer to the website: [www.conorg.com.au/conferences2003](http://www.conorg.com.au/conferences2003)

### 3rd - 5th September 2003

From rhetoric to reality. TheMHS Conference 2003

National Convention Centre, Canberra

For more information, refer to the website: [www.themhs.org](http://www.themhs.org)

### 27th - 30th October 2003

Diversity in Health 2003. Innovation.....Creativity.....Harmony.

Sydney Convention Centre

For more information, Ph. (02) 9280-0577 or email at [diversity2003@pharmaevents.com.au](mailto:diversity2003@pharmaevents.com.au)

# Education and Development Update - Regional Training

by Greg Turner, QTMHC Education & Development Coordinator

In the second half of this year QTMHC would like to focus on providing education and development programs to regional centres throughout Queensland. To assist us with this, QTMHC has developed links with the three zonal Rural Health Training Units (RHTU's) located in Rockhampton, Toowoomba and Cairns. The RHTU's will assist QTMHC by providing local facilitation of various workshops.

The most quoted reason regional mental health services give for not availing themselves of the QTMHC training offered to them is: "We don't really see a lot of clients from culturally and linguistically diverse backgrounds, so we don't really need to have any training". However, the 2001 Census reveals that regions throughout Queensland have relatively high numbers of people born overseas. For example, 15.7% (35,772) of the population of Far North Queensland (which includes Cairns, Innisfail, the Atherton Tablelands and Cape York) were born overseas. The Northern Division (including Townsville) has 12.9% of its population born overseas, while Mackay, Fitzroy (including Rockhampton) and Wide Bay-Burnett have 9.9%, 8.2% and 10.4% respectively. Research informs us that overseas born Australians have similar prevalence rates of mental illness to people born in Australia. This indicates that this population is either being underserved or the mental health services don't fully appreciate the extent of their services being provided to overseas born members of their communities.

During accreditation processes mental health services will be assessed on their compliance with the National Standards for Mental Health Services (NSMHS) and other relevant Queensland Mental Health Policies. Standard 7 of the NSMHS states that "*The MHS delivers non-discriminatory treatment and support which are sensitive to the social values of the consumer and the consumer's family and community*". The Non-English Speaking Background Mental Health Policy Statement (1995) provides clear direction to Queensland mental health services in regard to service development and delivery to this population.

The QTMHC can provide assistance to mental health services in complying with these accreditation requirements. In particular, components of the QTMHC Professional Development program, *Managing Cultural Diversity in Mental Health* will provide knowledge and skills to mental health clinicians, program managers and service developers to enable them to ensure their service complies with accreditation requirements. Train-the-Trainer workshops are provided to mental health services free of charge and participants are provided with all the materials and support they require to train others across the service.

The QTMHC has a range of workshops covering a variety of areas including: transcultural assessment and treatment; developing culturally responsive mental health services (particularly geared towards accreditation requirements); mental health issues for refugee's; transcultural issues in child and youth mental health; and working with interpreters in mental health settings. The QTMHC is also able to develop specific programs to suit the needs of your staff and your service.

To organise professional development and education for your service contact the QTMHC Education and Development Coordinator on 3240 2833 or via email [Greg\\_Turner@health.qld.gov.au](mailto:Greg_Turner@health.qld.gov.au).

## News in brief

### ***Multicultural Community Development in Mental Health Project***

The project completed its first phase of facilitating mental health workshops and discussions in the Samoan, Vietnamese, Filipino, Former Yugoslavian, Arabic speaking, Farsi speaking and Spanish speaking communities. The aim of the project is to establish community networks to facilitate consumer and carer participation and the first phase concentrated on understanding the cultural context of mental illness in these communities. Between June and December, bilingual community development workers from the above communities facilitated 42 workshops, which involved 299 community participants. A report has been compiled which will inform the next phase of the project, which will be more focused on network building, mental health literacy and establishing linkages with mainstream mental health consumer participation strategies. For more information please contact Elvia Ramirez.

### ***District Partnerships Project***

The QTMHC will be commencing a partnership project with district mental health services in the Cairns, Gold Coast and Logan-Beaudesert regions in Queensland focusing on transcultural mental health issues at the local service level. These regions were chosen due to the significant numbers of overseas born populations residing in these districts.

### ***Mental Health Council of Australia***

Rita was recently elected through the former Australian Transcultural Mental Health Network (now known as Multicultural Mental Health Australia) as its representative on the board of the Mental Health Council of Australia. The Mental Health Council of Australia is the peak non government mental health organisation based in Canberra representing the interests of the mental health sector.

# Early Intervention and Clinical Care Project for Refugees on Temporary Protection Visas - Update

As of February this year there have been some changes to the work, staff and roles of the TPV Holder Mental Health Project. Simone Bell, the previous Refugee Care Coordinator for the project has moved to a new position in the Centre's Clinical Consultation Service however continues to work with the project and remains its primary contact person. She is joined by two bilingual mental health workers, Mohammed Yassine and Katayoon Haghseresht, who speak the languages of TPV holders and each work two days a week in the project. All three workers are based at the Transcultural Mental Health Centre.

The initial focus of the project has been on supporting services and staff who work with TPV holders. While this continues (primarily through Simone) it is anticipated that the two bilingual workers will be involved in more direct work with TPV holders themselves and their communities.

*Simone continues to be the project's main contact and resource person with a focus on case consultation and facilitating referrals and linkages between agencies. She maintains strong links with QPASTT, mental health services, community agencies and other stakeholders. Her role includes:*

- responding to case specific enquiries from community workers
- facilitating referrals to mental health services
- facilitating referrals to bicultural workers and the Transcultural Clinical Consultation Service
- supporting linkages between community agencies and mental health services
- promoting TPV and refugee related training and professional development opportunities.

*Mohammed and Katayoon are working to develop and implement a range of strategies to provide mental health support to TPV holder communities. It is anticipated that these strategies will be interrelated and support each other both within and across the Arabic and Farsi speaking TPV holder communities. A primary part of their role is to provide mental health assessment, support and clinical case consultation for TPV holders. This includes:*

- individual time limited work with TPV holders referred via Simone
- group interventions – potentially including psychoeducation, mental health promotion and prevention, skills development
- responding to case specific enquiries from community agencies
- facilitating referrals to mental health services as required.

*More broadly Mohammed and Katayoon are using a community development approach to respond to particular needs or issues identified within TPV holder communities. They are involved in a number of initiatives including:*

- working to establish a community social meeting space for TPV holders
- QPASTT's TPV holder camps
- co-facilitating outreach activities and services with other agencies
- consulting with the community of TPV holders to identify needs and potential responses to areas of need.

For more information on the project or to make a referral contact Simone on (07) 3240-2833 or email [Simone\\_Bell@health.qld.gov.au](mailto:Simone_Bell@health.qld.gov.au).

## QTMHC on the Web!

The QTMHC website, previously only accessible to Queensland Health staff through the Queensland Health intranet, is now able to be accessed by everyone as it is now on the Queensland Health internet site. Apart from multilingual mental health resources, the website also contains other useful downloadable information such as QTMHC resources and publications.

[www.health.qld.gov.au/pahospital/mentalhealth/qtmhc\\_index.htm](http://www.health.qld.gov.au/pahospital/mentalhealth/qtmhc_index.htm)

## Stats Corner

The QTMHC has been looking at the Australian Bureau of Statistics 2001 Census data to see if there have been any significant changes across the state which we need to consider in our work. We are frequently asked what the most common languages spoken in Queensland are, so we thought we would share some of this data with you. The percentage of people in Qld who speak a language other than English at home is 7.1%.

### *Top 20 Languages Spoken at Home in Qld*

1. English	3,173,414	13. French	6,407
2. Italian	24,822	14. Hindi	5,592
3. Cantonese	17,536	15. Polish	5,303
4. Mandarin	15,945	16. Oceania Pidgin & Creole, nrf*	5,225
5. German	14,368	17. Arabic (incl. Lebanese)	4,817
6. Vietnamese	14,314	18. Croatian	4,349
7. Greek	11,491	19. Korean	3,834
8. Spanish	9,556	20. Serbian	3,447
9. Tagalog (Filipino)	9,315	Not stated	158,537
10. Netherlandic (Dutch)	8,433	Inadequately described	3,820
11. Japanese	7,650	<b>TOTAL</b>	<b>3,515,411</b>
12. Samoan	7,236		

\* not further defined

The following is this data broken down into several health service districts.

### *Language Spoken at Home by Health Service District*

Health Service District	Number of People	HSD %
QEII/PA Hospitals	72,619	18.1%
South Coast	31,680	8.5%
Logan-Beaudesert	22,161	8.1%
Bayside	8,915	5.2%
West Moreton	8,765	5.4%
Toowoomba	3,439	2.6%
Southern Downs	1,674	3.0%









# QTMHC Library New Additions



## BOOKS

-  Auseinet (2002). **Reporting suicide and mental illness: a resource for media professionals.** Canberra, Commonwealth Department of Health & Ageing: 56. (SUIC.16)
-  Bhugra, D. and Bhui, K. (2001). **Cross-cultural psychiatry: A practical guide.** London, Arnold Publishers: 114. (CROS.7)
-  De Leo, D., Ed. (2001). **Suicide and euthanasia in older adults: A transcultural journey.** Gottingen, Hogrefe & Huber Publishers. (SUIC.15)
-  Fernando, S. (2002). **Mental health, race, and culture.** London, Palgrave: 246. (RACE.1)
-  Garred, A. (2002). **Working together: Planning community services in a diverse society.** Brisbane, Blue Care: 59. (WORK.3)
-  Gerrity, E., Keane, T. and Tuma, F., Eds. (2001). **The mental health consequences of torture.** The Plenum Series on Stress and Coping. New York, Kluwer Academic/Plenum Publishers. (TORT.7-R) **NOT FOR LOAN!**
-  Global Learning Services Pty Ltd (2000). **Education and training for consumer participation in health care.** Final report of project. Canberra, Commonwealth Department of Health & Aged Care: 89. (CONS.16)
-  Gopaul-McNicol, S.-a. and Armour-Thomas, E. (2002). **Assessment and culture. Psychological tests with minority populations.** Florida, Academic Press: 210. (ASSE.3-R) **NOT FOR LOAN!**
-  Helman, C. (2001). **Culture, health and illness.** London, Arnold: 328. (CULT.15-R) **NOT FOR LOAN!**
-  Johnson, S. and McAdam, H. (2001). **Building consumers in. A resource manual in consumer participation for the not-for-profit sector.** Caulfield South, Arthritis Victoria: 37. (CONS.12)
-  Mattingly, C. and Garro, L., Eds. (2000). **Narrative and the cultural construction of illness and healing.** Los Angeles, University of California Press. (NARR.1-R) **NOT FOR LOAN!**
-  Nasser, M. (1997). **Culture and weight consciousness.** London, Routledge: 136. (WEIG.1-R) **NOT FOR LOAN!**
-  National Resource Centre for Consumer Participation in Health (2000). **Feedback, participation and consumer diversity. An annotated bibliography.** Canberra, Commonwealth Department of Health & Aged Care: 93. (CONS.15)
-  National Resource Centre for Consumer Participation in Health (2000). **Feedback, participation and consumer diversity. A literature review.** Canberra, Commonwealth Department of Health and Aged Care: 88. (CONS.14)
-  North Yarra Community Health (2001). **Creating a dialogue in community health at North Yarra Community Health.** Melbourne, Commonwealth Department of Health & Aged Care: 74. (CONS.8)
-  Su, S. (2002). **Community cultural and settlement profile: Cambodian community in Queensland.** Brisbane, ACCESS Inc: 13. (CAMB.5)
-  Tenodi, V. (2002). **Which way home?** NSW, Anan Press: 180. (YUGO.3)
-  Trewin, D. (2000). **Australian standard classification of cultural and ethnic groups.** Canberra, Australian Bureau of Statistics: 166. (STAN.4)
-  Tseng, W.-S. and Hsu, J. (1991). **Culture and family: problems and therapy.** Trepper, T. New York, Haworth Press: 255. (FAMI.5)
-  Vega, W. and Murphy, J. (1990). **Culture and the restructuring of community mental health.** Westport, Greenwood Press. **16:** 162. (CULT.16-R) **NOT FOR LOAN!**
-  Youth Taskforce of the Qld Migrant Settlement Planning Committee (2002). **Refugee young people: Examples of effective service delivery in Queensland.** Brisbane, Citizenship and Multicultural Affairs Qld: 42. (REFU.16)

## ARTICLES

-  Allotey, P., Manderson, L. and Reidpath, D. (2002). "Addressing cultural diversity in Australian health services." Health Promotion Journal of Australia **13**(2): 29-33. (01456)
-  Barry, D. and Grilo, C. (2002). "Cultural, psychological, and demographic correlates of willingness to use psychological services among East Asian immigrants." The Journal of Nervous and Mental Disease **190**(1): 32-39. (01420)
-  Bowles, R. (2002). Social work with refugee survivors of torture and trauma. Sydney, STARTTS: 19. (01489)
-  Brennan, F. (2002). "Tampering with asylum: recent developments in the treatment of asylum seekers in Australia." Migration Action **24**(2): 15-22. (01441)
-  Brune, M., Haasen, C., Krausz, M., Yagdiran, O., Bustos, E. and Eisenman, D. (2002). "Belief systems as coping factors for traumatized refugees: a pilot study." European Psychiatry **17**(8): 451-458. (01474)
-  Campinha-Bacote, J. (2002). "Cultural competence in psychiatric nursing: Have you "ASKED" the right questions?" Journal of the American Psychiatric Nurses Association **8**(6): 183-187. (01500)

***If you would like to borrow any of the above books or use the Resource Library, please contact Penny D'Ath on 3240-2833.***